



FOR IMMEDIATE RELEASE

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Senior Conference Focuses on Fitness Through an Informed and Active Lifestyle

Waukesha, WIS. – Waukesha County’s Department of Senior Services will hold its 14th annual Senior Lifestyles Conference on Mon., Oct. 24 at the Country Springs Hotel. The event, co-sponsored by Aurora Health Care, will focus on senior fitness through an informed and active lifestyle.

Keynote speaker Martin Ruge will address the audience with a speech entitled “No Matter Where I Start I Always End Up In The Same Place.” Ruge, who has been called the “dancing preacher”, says that he is lousy at retiring. Currently, he teaches tap dance to 60 students between the ages of 50 and 89.

Throughout the daylong conference, active lifestyles are highlighted in workshops that promote physical activities like walking, Tai Chi and touring Wisconsin. These sessions will be balanced with information on maintaining good eye health, healthy eating habits, addressing lifestyle changes, managing cash and much more. Participants will also have a chance to relax and reminisce during Gordon Hinckley’s Radio Days Road Show workshop.

Aurora Health Care will offer high blood pressure and glucose screenings, and Waukesha County’s Public Health Division will offer flu and pneumonia shots for seniors attending the conference. In addition, 46 local exhibitors will provide information on contemporary senior issues and interests.

The conference runs from 7:45 a.m. to 2:50 p.m. The cost to attend is a \$14.00 donation that includes conference workshops, morning coffee and rolls, lunch and door prizes donated by area organizations and businesses.

Conference registration is required by Mon., Oct. 10. Since attendance has been at event capacity for the last three years, early registration is strongly recommended. For more information about the conference or to sign-up for it, please call the Department of Senior Services at (262) 548-7848.

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